

 *The story*   
**Behind the project**

Meet the creators :



Five students from the Occupational Therapy Master's Program, Cohort of 2026, created this project to promote movement and physical activity for individuals of all ability levels. They are pictured above from left to right: Arthur Katzmann, Taylor Brown, Madysen Gaus, Lauren Kelly, and Grace Foley

About the Circuit:

**Time it takes:**

**Varies base off your ability**

**Required Clothing:**

**Close toe shoes with good grip**

**Breathable/moveable clothing**

**Safety Guidelines:**

**Bring water to stay hydrated**

**Stop immediately if you feel pain or discomfort**

**In case of emergency, call 911**



# Jaguar Stretch Circuit

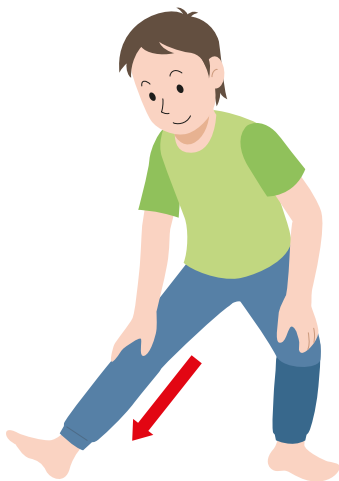


## Jaguar Hamstring

Rest 60-90 seconds between rounds

### Beginner

Sit and reach toward your knees.



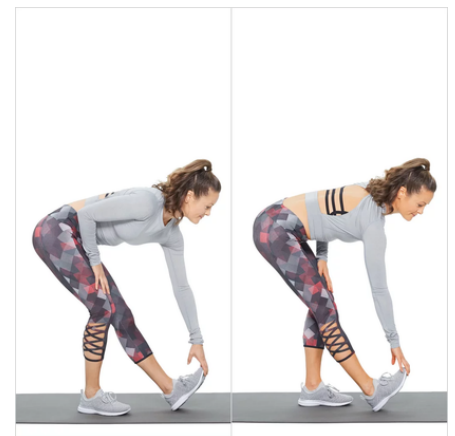
### Intermediate

Sit and reach toward your toes.



### Pro

Stand, place one foot forward, and reach toward toes while keeping legs straight.



Complete each exercises for 15-30 seconds. Repeat 2-3 rounds.



# Jaguar Stretch Circuit



## Jaguar Quads

Rest 60-90 seconds between rounds

### Beginner

Hold onto something and gently bend one knee back.



### Intermediate

Grab your ankle and pull heel toward your glutes.



### Pro

Add a slight forward lean for a deeper stretch.



**Complete each exercises for 15-30 seconds. Repeat 2-3 rounds.**



*Jaguar*



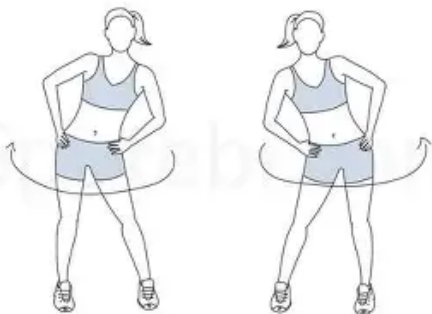
# Stretch Circuit

## Jaguar Hip Circles

Rest 60-90 seconds between rounds

### Beginner

Hold onto something and hands on hips, make small circles



### Intermediate

Stand on one leg and hold on,



### Pro

Add slight squat while circling and do not hold on.



**Complete each exercises for 15-30 seconds. Repeat 2-3 rounds.**



# Jaguar Power Circuit



## Jaguar Knees

Rest 60-90 seconds between rounds

### Beginner

March in place, lifting knees to waist height, slowly.



### Intermediate

Jog in place, bringing knees up higher.



### Pro

Run in place quickly, driving knees up as fast and high as possible.



**Complete each exercises for 30-45 seconds. Repeat 2-3 rounds.**



# Jaguar Power Circuit

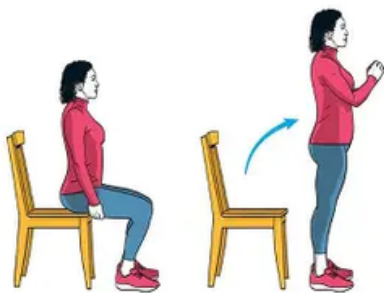


## Jaguar Squats

Rest 60-90 seconds between rounds

### Beginner

Sit on a bench, then stand up slowly. Repeat. Use your hand to push off if needed.



### Intermediate

Stand with feet shoulder-width apart, bend knees, lower down, then stand back up.



### Pro

Lower into a squat, then jump up.  
Land softly and repeat.  
or  
Lower into a squat using a single leg.



Complete each exercises for 30-45 seconds. Repeat 2-3 rounds.



# Jaguar Power Circuit



## Jaguar Lunges

Rest 60-90 seconds between rounds

### Beginner

Step one foot forward, bend both knees slightly, then step back. Alternate legs.



### Intermediate

Step forward into a deeper lunge, then push back to standing. Alternate legs.



### Pro

Jump and switch legs in the air (jump lunges). Land softly and repeat.



Complete each exercises for 30-45 seconds. Repeat 2-3 rounds.



# Jaguar Power Circuit



## Jaguar Jacks

Rest 60-90 seconds between rounds

### Beginner

Step one foot out at a time while raising arms overhead. Step back in and repeat.



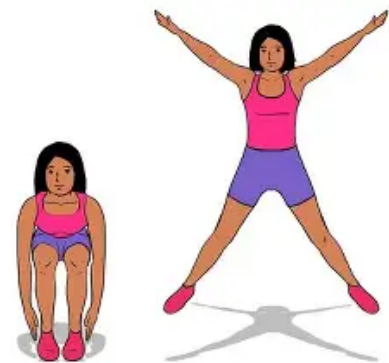
### Intermediate

Jump feet out while raising arms overhead, then jump back in.



### Pro

Jump up explosively, spreading arms and legs wide like a star, then land softly.



The Fitness Director <http://www.thefitnessdirector.net>

**Complete each exercises for 30-45 seconds. Repeat 2-3 rounds.**



# Jaguar Power Circuit



## Jaguar Bounds

Rest 60-90 seconds between rounds

### Beginner

Step side to side slowly and controlled. Hold your stance on one leg for a few seconds.



### Intermediate

Jump side to side with control.



### Pro

Big explosive side jumps (like a skater), landing on one foot



**Complete each exercises for 30-45 seconds. Repeat 2-3 rounds.**



# Jaguar Power Circuit



## Jaguar Plank Hold

Rest 60-90 seconds between rounds

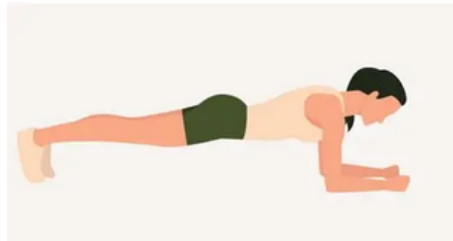
### Beginner

Hold a plank on knees, keep body straight.



### Intermediate

Hold a full plank on hands or elbows.



### Pro

Hold plank with one arm. Switch between both arms after each hold.



**Complete each exercises for 30-45 seconds. Repeat 2-3 rounds.**